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## ABSTRACT

Noting that swift growth with the accompanying desire for independence during early adolescence creates tension in the family that is often difficult for parents to understand, accept, and handle, this book is designed to help parents adapt their roles to nurture the physical, social, emotional, and intellectual development of their early teen. Focusing on parental involvement and communication and presented in a question-answer format, the chapters of the book are as follows: (1) "All in the Family '90s Style: Living with an 11- to 14-Year-Old in the Family"; (2) "The Invasion of the Body Snatchers: Physical Changes"; (3) "I'm Raising Dr. Jekyll--Or Is It Mr. Hyde? Emotional Changes"; (4) "Since When Did We Become Dumb and Dumber? Cognitive Changes"; (5) "Stop Treating Me Like a Child! Independence"; (6) "Sex, Drugs, and Rock 'N' Roll: Experimenting and Taking Risks"; (7) "Couch Potato Meets Big Mac Addict: Nutrition and Physical Activity"; (8) "Their Circle of Friends: Peers"; and (9) "Monday--Again? School." Case examples and conversations of teens and parents are used throughout the book to illustrate points and better explain technical material. (Contains 69 references.) (KB)